

# Study and identification for relation between religious belief and reduction of psychological stress among students in university of science and researches in Ilam

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## Abstract

**Background:** Man is generally composed of body and soul and is in search of his material and spiritual welfare of the general public as depression and anxiety disorders they suffered.

**Objective:** The aim of this study was to investigate the relationship between religious beliefs by reducing stress on science and research for university students of ILAM.

**Methods:** This study is a descriptive correlation. The population consisted of all science and research for university students ILAM is a total of 100 students were selected using sampling. Instruments used in the study of Islamic beliefs questionnaire and measurement of stress.

**Results:** The results showed that between religious beliefs and mental strain relationship is statistically significant at the 99% level.

**Conclusion:** According to the specific conditions of student life, having psychological stresses spirituality in the program will necessity students to reduce stress.

**Keywords:** religious beliefs, stress, students Research Science, ILAM

## Introduction

Human is a combination of soul and body, mind and wisdom and due to this combination, his soul is trying to find happiness- material or non material happiness, and tries to reach

to his perfection. Essence love and essence interests, combines human life with two defection of sadness and fear, and beleif to God eliminate these defections.

Psychological stress means metabolism of body due to life stress or interactive action of one force and organism resistance for such force, i.e. sets of aggression and reaction.

Stress and depress are some of diseases which make people suffer and according to statistics in Europe and United States of America, 29.6 percent of women, and 12.5 percent of men are depressed and almost three percent of population are anxious.

One of solutions for psychological problem are relation to metaphysical power sources such as following methods:

1-devotion and mantra 2-say prayer 3-resource 4. Visit of holy places

Few psychologists have found by research among Quran that this book has high effect on human and following its instructions plays important role in individual and social psychological health and for instances we mention a few of them:

1.Quran reading 2.fear prevention 3. Inviting of Quran to patience 4. Invitation of Quran to trust 5.God mention and heart relax 6. Illegal of suicide 7.respect and love to parent 8. Hejab for woman 9. Say prayer and psychological relax 10.marriage and providing a family 11. Illegal of umbrage

All of these orders provide a kind of individual or social peace and provide maturity. Virtual health increase

conformation to condition and improve person's view respect to around world and cause reduction in negative emotions, and stresses and create power and freedom sense and in the other hand there is a positive relation between belief and moods.

According to this, there are few researches which some of their results are mentioned in brief. Raese et al have shown in a study that there is a meaningful relation between happiness and virtual intelligence. Also, Tabibi et al 2013, have shown in a study that existence of desired virtual health, specially in existence dimension, confirms that happiness and mental peace and absence of soul improve study performance. Since, few researchers have shown that there is a high relation between general happiness for person in a way that religious is considered as an important source for conformation to the stressful condition. Therefore, this project is try to study relation between religious belief to being low status of stress among students in University of science and research in Ilam to test this state: "It seems that there is a correlation between religious belief and amount of psychological stress." So we should try to strengthen religious values among students and illustrate a successful future for students.

### **Study methods**

Study method is a description one in type of correlation and gathering statistic information-documentary or field (questionnaire). Statistical society in this project includes all students of University of science and research in Ilam in which 100 student is selected by sampling method. In this project, two questionnaire of Islamic belief and mental stress have been used. Islamic belief questionnaire include 45 item which each answer for them is ranked by a 5 degree scale and it was performed in 1997 Persian calendar by Mr Navidi on boy and girl high school student in Tehran. For measuring mental part, practical self requirement to Islamic belief, profession's viewpoint was used, few Muslim thinkers and theosophist and university professors who considered themselves as self measure for self practical requirement to Islamic belief cooperate in this study and their viewpoints were used.

To study stability of self measuring scale of practical requirement to Islamic belief, a re-test method was used, and time between two test was about one week. Final coefficient obtained according to retest method was equal to  $r_{tt}=81\%$ . Therefore, there is a sufficient assurance tool for stability. Markham's mental stress measurement questionnaire 2013, has been codified by Orsulla Markham to testify mental and emotional stress due

to conditional pressure by 36 question with two option of yes or no which is translated to Persian language by Dr. Hassan Pasha Sharifi. Internal similarity of this questionnaire was reported by Mr.s Vahabi according to Cronbach alpha method for students in one-child families' equal to 87% and for multi-children families equal to 86% and also Fatemeh Abbasi and Farkhondeh Pahlavan 1376 was equal to 83 which shows a considerable credit for this scale. This scale was codified according to proper psychological theories by its creator and its constituent items has a perfect relation and coordination to considered properties, thus it can be predicted to the contain stability.

In this study, for description statistic, plenty distribution, average, and table illustration is used and in induction statistic section, due to multi surface of variables and non-normality of data distribution according to test of Kulmogrov –Smirnov ( $p<0.05$ ), Spearman correlation coefficient is used.

## Results

According to table 1, about description statistic, it was clarified that maximum obtained value in religious belief questionnaire was 225 and in mental stress questionnaire was 34. Also, minimum value and average value of questionnaire in religious belief questionnaire was calculated about 45

and 185 and for mental stress 11.

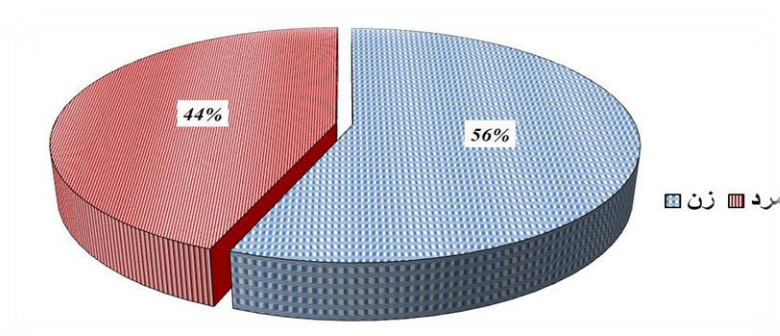
questionnaire was calculated to 10 and

Table no.1-Discription statistic of religious belief and reduction of mental stress

average	standard deviaton	min	max	value	variable
185	3.75	45	225	100	religious belief
11	1.67	10	34	100	mental stress

According to figure 1, it was clarified percent was female and 44 percent was that among 100 studied test cases, 56 male.

Figure 1: Gender distribution of respondents



Red: Man 44%

Blue: Woman 56%

Figure 1: according to statistical table 2, which calculate correlation coefficient according to sex group, amount of correlation coefficient among religious belief and pyschological stress reduction was

equal to 0.73 and for male group was equal to 0.81 and since absolute value of correlation coefficient is equal to 1, this amount for these two group is significant.

Table 2:correlation coefficient according to sex group:

coefficient correlation	no	index test	criteria variable	prediction value
-0.73	56	FEMALE	psychological stress	religious belief
-0.81	44	MALE		

Table 3: correlation coefficient among religious belief and psychological stress reduction:

test no	significance status	R correlation coefficient	statistical index for test	criteria variable	prediction value
100	0.001	-0.77	total	mental stress	religious belief

Finally, to study about significance status between independent variable( religious belief) and dependent variable( mental stress reduction) without considering test sex, correlation coefficient was obtained which according to 3, obtained coefficient correlation is equal to -0.77 and significance status is equal to 0.001, therefore it is possible to claim that, there is a significant and reverse correlation between religious belief and mental stress reduction and more increase or development among university student, more mental stress reduction and consequently mental health among them is observed( deny

for assumption H0 respect to H1 by 99 percent assurance).

## Discussion

As it was mentioned in this project to study relation between religious belief and mental stress reduction among students in University of Science and research in Ilam, in 2013, and it showed relation and reverse significant correlation among these two variables(Sig =0.0001,r=-0.77), there is no doubt that more general health among students, less mental problem and physical defects will occur, so creation and development of religious

belief among students maybe as one of proper way to conformation to the problem and it makes mental health feasible. About religious belief in mental stress reduction, there are also other researches which consist to our obtained results. Among them, it is possible to mention Moqimian et al 2013, Asavardi et al 2011. Also, researchers in mental health center in Saint luie in America, in the book of (Forgotten factors) write: People who go to the work weekly, have less mental problems.

## Conclusion

According to obtained results in this project and also similar studies, Importance of development of religious belief among students seems to be essential and also university officers can apply such programs. Therefore, since religious belief result in mental peace, it is suggested to try to develop religious belief and strengthen it among students.

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